

CENTER OPERATIONS

NORMAN PARK STAFF

Letty Hernandez Ubah Abdi
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Danette Myers Ysabel Jaimes
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CENTER HOURS OF OPERATION

Monday - Thursday, 8:00AM - 7:00PM

Friday - 8:00AM - 5:00PM

Norman Park Center will be closed:

Friday, July 3 in observance of Independence Day

Aug 29 - Sept 6 Annual Closure

Monday, Sept 7 in observance of Labor Day

FITNESS CENTER HOURS

Monday/Wednesday/Friday 10:30AM - 2:00PM

Tuesday/Thursday 8:00AM - 12:30PM

Evening and Saturday Hours

Monday - Thursday 5:00PM - 7:00PM

Saturday 8:30 AM - 11:00AM

 **CITY OF
CHULA VISTA**
Recreation Department
Norman Park Senior Center
270 "F" Street
Chula Vista, CA 91910



RECREATION DEPARTMENT
The Heart of the Neighborhood
www.chulavistaca.gov/rec
270 F Street • (619) 409-1930



Norman Park Senior Center July, August & September

Summer Kickoff Picnic & Dance - Wednesday, July 15th @ 12PM Sponsored by:

Join us at Norman Park Senior Center for our summer kick-off party! We will be serving hot dogs, baked beans, watermelon, drinks, and have opportunity drawings. Join us as we bring in the summer together with food, music and fun. This is a picnic in the park so bring your hats and sunglasses. Everyone is welcomed. \$4.00 per Resident, \$5.00 per Non-Resident.

Preventing Financial Abuse, Scams & Fraud: "Don't Get Hooked" - Wed, July 22 @ 10AM-12PM

This is an interactive presentation that provides ways to protect your home, health, finances and future. Identifies warning signs regarding scams & lotteries, charitable donations, contractors, legal documents, real estate, frauds, identity theft and personal finances. FREE

Cool Zone Movie Marathon & Ice Cream Social - Monday, August 10

@ 12:30 (First movie starts at 12:30PM & second movie to follow) Sponsored by:

Norman Park Center is hosting a movie marathon to keep you cool and out of the heat. Stay for both movies or come for just one. Ice cream sundaes will be provided between movies for those who pre-register only. FREE

Caregiver Support - Wednesday, August 12 @ 11AM

The Southern Caregivers Resource Center will be providing information on caregiving options and resources. This presentation is perfect for people who are currently providing or receiving care and are curious about the different types of support available for the caregivers. Topics include: counseling, respite, support groups, legal consultation and more. FREE

Know the 10 Signs of Alzheimer's - Wednesday, August 19 @ 10-11AM

Memory loss that disrupts daily life may be a symptom of Alzheimer's or another dementia. Alzheimer's is a brain disease that causes a slow declining memory, thinking in reasoning skills. Learn the 10 warning signs and symptoms. Led by the Alzheimer's Association of San Diego.

Summer Salad Showcase Showdown - Wednesday, August 26 @ 12PM

Cool off and join us at Norman Park Senior Center where you will be able to showcase your favorite salad in our first salad showcase competition. Make your best salad and let us judge. Come to the front desk to sign up. Be sure to bring your recipe to share. Winner's recipe will be published in the next newsletter. Space is limited so sign up early. \$1 to Enter the contest/ \$2 to Taste.



Register at the front desk or online at chulavistaca.gov/rec



Senior Services Update

Where does the time go? I cannot believe I have been here for two months! I would like to introduce myself for those of you who don't know me, I'm Letty Hernandez, the new Recreation Supervisor I at Norman Park. I have had the pleasure of meeting some of you, but would like to know all of you. So please stop by and introduce yourself!

Be on the look out for NEW BI-LINUGUAL cooking classes in Spanish, English and Korean! We are also partnering with the University California San Diego Moores Cancer Center for their Healthy Eating Program. Make sure to sign up at the front desk and check our flyer wall for more information such as dates and times. Step out and try something new!

As the temperatures outside start to heat up, you can always cool off at the Norman Park Senior Center. As a designated Cool Zone, we will have the AC on and keep our facility at a comfortable level. We are also offering fun activities to keep you cool and healthy!

The Chula Vista Recreation Department is excited to announce a partnership with Meals on Wheels and will now offer onsite meal service. Join their membership program for \$10 which includes a meal, member ID Card and frequent meal card. For every 10 lunches or 10 dinners purchased, your eleventh is free. Meals will be served 11am to 1pm M-F starting July 1st. Call 619-420-2782 or head upstairs to their office to sign up.

To be more environmentally conscience and reduce our high printing costs, our quarterly newsletter is now on the city website at www.chulavistaca.gov/rec or can be sent electronically via email. Please stop by the front desk to add your email to our list.

Holiday Closures: Friday, July 3 in observance of Independence Day and **Aug 29—Sept 7** Annual Closure

CHULA VISTA SENIOR CLUB NEWS

Bingo with Potluck

July 10& 24 Aug 7 & 21 Sept 4 & 18
Time: 12 PM - 2 PM

The Chula Vista Senior Club hosts a potluck while playing bingo on the 1st and 3rd Friday. Please bring a food item to share. Bingo cards are \$.50 cents each for club members, \$1 for non-members. Come for fun and stay for the prizes! ** In July 2nd week of the month due to holiday.**

BINGO EVERY FRIDAY

Live Band Dances

Patriotic Theme July 2 -
End of Summer Theme Aug 6
Time: 1 PM - 3:30 PM

Dress your best for the Senior dance hosted by the CV Senior Club. Live band and light refreshments provided. Tickets sold at the door.

\$5 / Club Members
\$6 / Non Club-Members

SENIOR CLUB BOARD MEMBERS

President: Susan Alvarez
1st Vice President—Vacant
2nd Vice President—Vacant
Secretary— Gloria Murray
Treasurer—Joan Stewart

Board Members Needed

The Senior Club is looking for a 1st and 2nd Vice-President. This is an excellent opportunity to contribute to both the Chula Vista Senior Club as well as Norman Park Senior Center. Join the board to be the voice of change! Call Susan at (619) 409-1935 for more information.



General Meeting & Board Meeting

The next Senior Club Board meetings are scheduled for the 1st Thursday of each month at 11am. The next meetings are schedule for

July 2@ 11AM in Room 6

Aug 6 @ 11AM in Room 6

Sept 10 @ 11AM in Room 6

Immediately following the Board meeting is the general meeting which is open to all Senior Club members. Please join us to share your ideas and concerns.

NORMAN PARK EVENTS CONT

Senior Nutrition on a Budget - Thursdays, August 6 - September 10 @ 10-11AM

Are you interested in making healthy eating a part of your lifestyle while fitting it into your tight budget? Join us for this six week workshop series to learn about topics such as: Healthy foods that taste great, How to navigate a grocery store, and How to incorporate physical activity at home. Participants receive free nutrition education handouts, a class booklet, recipes, and a FREE bag of fresh produce at three of the six classes.

CoolZone Movie Marathon & Ice Cream Social - Monday, Sept 14

@ 12:30PM (First movie starts at 12:30PM & second movie to follow)

We are once again hosting a movie marathon to help you keep cool and stay out of the heat. Join us for just one movie or stick around for both. Ice cream sundaes will be provided between the two movies.

Singing Seniors Present “Farewell to Summer” - Thursday, Sept 15 @ 1:30PM

The singing seniors will perform a medley of Hawaiian songs in a “Farewell To Summer” concert. Joins us for a lovely singing experience from this talented group of seniors.

SERVICES AVAILABLE 2ND FLOOR

Norman Park Senior Center serves as headquarters for a variety of local non-profit organizations that provide important services to our community. Head upstairs and say hello!

SOUTHERN CAREGIVER RESOURCE CENTER

Southern Caregivers provide free services for family caregivers including counseling, respite, supports groups, legal consultation and more.

Call (619) 729-2772 for more information

DAY TIME

1st & 3rd Wed. 4:30 PM-6:30 PM

MEALS ON WHEELS

Meals-on-Wheels Greater San Diego, Inc. is committed to reducing the isolation experienced by so many elderly. Meals are delivered to seniors' homes by volunteers. **Call (619) 420-2782 or visit <http://www.meals-on-wheels.org/> for more information.**

Home Start with Covered California
Call (619) 934-1894 to set up an appointment

PARKINSON'S ASSOCIATION

Parkinson's Association

The Parkinson's Association operates a broad array of support programs and services including in-home respite care, transportation program, training for nurses, sponsorship of a therapeutic singing group for Parkinson's patients, publication of a quarterly newsletter, and hosting of a SDPC internet website.

Call (619) 420-0076 or visit www.parkinsonsassociation.org for more information.



SENIOR TECH COMPUTER CLASSES

INTRODUCTION TO COMPUTERS

Volunteer Instructors : Roy / Kathy

This class provides the student with a basic introduction to computers with extensive practice using a mouse and the keyboard.

At the end of the course, you should:

- be comfortable using a mouse and keyboard
- have some familiarity with using a computer
- have some experience starting and using software programs

DAY	TIME
Wednesdays	July 1, 8, 15, 22

DAY	TIME
Wednesdays	Sept 9, 16, 23, 30

DAY	TIME
Wednesdays	Oct 7, 14, 21, 28

PRIVATE ONE-ON-ONE INSTRUCTION

(COMPUTER / TABLET / IPAD / KINDLE)

One-on-one instruction provided on any of the following: advanced internet, review of beginning classes, advanced word processing; computer maintenance; safe guarding your computer and file management, basics of how to use your iPad and Kindle.

COST

\$10 per session (\$12.50 non-residents)

INTRODUCTION & INTERMEDIATE CLASSES

Fee: \$22 Resident/ \$28 Non-Res per 4 week session plus

*\$10 yearly membership is required for all classes

INTERMEDIATE COMPUTER CLASSES

Volunteer Instructors : Kevin / Tom

This class is designed for students who are already comfortable using a computers and would like to get more instruction on the use of Microsoft software as well as basic internet applications. This is a great class that will help you sharpen the computer skills you already have while getting you more comfortable exploring more advance software.

DAY	TIME
Tuesdays	July 7, 14, 21, 28

DAY	TIME
Tuesdays	Oct 6, 13, 20, 27

FREE INFORMATION CLASS

This is a class designed to teach people with no computer skills what they will learn in each class. Register at the front desk or online. Pre-registration is REQUIRED.

Computer Lab Hours

Fridays, 10 am – 12pm (not open on 1st Friday)

*\$10 yearly membership is required for lab hours.

CLUBS AT NORMAN PARK

CLUB AMISTAD

Club Amistad meets for various events during the month. The group is mostly Spanish speaking but all are welcome to come join. Call President, Marcela Meza for more information (619) 990-2716.

DAY	TIME	ROOM
1st & 3rd Tues.	12:00 PM-4:00 PM	9, 10, 11

DAY	TIME	ROOM
Thurs. Aug 27 & Sept 24	12:00 PM-4:00 PM	Full Hall

GARDEN CLUB

The Chula Vista Garden Club meets every 3rd Thursday of the month. Upcoming Dates: **Sept 17, Oct 15, Nov 19, Dec 17.** For more information call: President Michael J Biedewbender (619) 991-0524

DAY	TIME	ROOM
3rd Thurs.	11:00 AM-3:00 PM	Full Hall

KOREAN CLUB

The Korean group meets every 2nd Thursday of the month for a potluck. Upcoming Dates: **July 9, August 13, Sept 10, Oct 8, Nov 12, Dec 10.** Call Kim at (619) 585-9461 for information.

DAY	TIME	ROOM
2nd Thurs.	11:00 AM-2:00 PM	9, 10, 11

HEALTH AND SAFETY

MEN’S HEALTH DISCUSSION GROUP

The men’s health discussion is led by Dr. Rosenblatt of Scripps Health Center. Healthy snacks provided.

DAY	TIME	ROOM	COST
July 13	12:15 AM-2:00PM	ANNEX	FREE
Aug 10	12:15 AM-2:00 PM	ANNEX	FREE
Sept 14	12:15 AM-2:00 PM	ANNEX	FREE

PARKINSON’S SUPPORT GROUP

1st Tuesday of the month from 10:00AM-11:00AM
Parkinson’s Support Group meets at the conference room For more information call Jennifer at **(858) 273-6763**

DAY	TIME	ROOM	COST
1st Tue.	10:00 AM-11:00 AM	Conf. Room.	FREE

BEREAVEMENT SUPPORT GROUP

Free Peer Support Group open to anyone seeking support in coping with the loss of a loved one. Professionally facilitated by staff of Silverado Hospice.

DAY	TIME	ROOM	COST
Thurs.	10:30 AM-12:00 PM	Conf. Room.	FREE

SCRIPPS HEALTH TALKS

These talks are presented by Scripps Mercy Hospital Chula Vista Well Being Center.

Music & Wellness: Join us, for an interactive discussion about ways music can be used to promote wellness in your life. Learn about how the brain processes music, and how you can incorporate music into your day to day life to promote an over-all healthier life.

DAY	TIME	ROOM	COST
Mon. July 13.	10:00 AM-11:00 AM	8	Free

Diabetes: Diabetes can lead to other dangerous health problems. Learn how to recognize the signs and symptoms, testing for diabetes, understand how the medications work and how to manage it. A quality life with diabetes is possible.

DAY	TIME	ROOM	COST
Mon. Aug 10.	10:00 AM-11:00 AM	8	Free

Balance and Fall Prevention: Join us and learn effective ways to reduce falls, increase your balance and the benefits of having a physical activity routine.

DAY	TIME	ROOM	COST
Mon. Sept 10.	10:00 AM-11:00 AM	8	Free

AARP SMART DRIVER COURSE

The AARP Smart Driver™ Course is the nation’s first and largest refresher course for drivers age 50 and older. It has given millions of drivers the skills and tools they need to drive safely on today’s roads, allowing them to remain independent for many years to come. In fact, 97% of those who take it change at least one driving behavior. And the best part? There are no tests to pass - just useful information to keep you safe on the road!

DAY	TIME	ROOM
July 14 & 16	12:00 AM-4:00PM	9,10,11
Aug 11 & 13	12:00 AM-4:00 PM	6,7,8
Sept 8 & 10	12:00 AM-4:00 PM	6,7,8

COST :

\$15/ARRP-Member \$20/Non-Member. Pay AARP 1st day of class

HEALTH SEMINARS AND SERVICES

AUDIBLE HEARING CENTER provides hearing aide testing.

DAY	TIME	ROOM	COST
Wed. July 1	9:00 AM	Lobby	FREE

SAN YSIDRO HEALTH CENTER provides health seminar on the below topics.

Breast Cancer in Spanish and English: Learn about the importance of early detection, risk factors and how to improve your health and reduce your risk of developing Breast Cancer.

DAY	TIME	ROOM	COST
Mon. Aug. 3	10:00 AM	9	FREE

Diabetes: Info will be provided on what diabetes is, why it starts, how to control it and the importance of diet.

DAY	TIME	ROOM	COST
Mon. Sept . 21	10:00 AM	9	FREE

ST. PAUL’S SENIOR SERVICES presents on the PACE program. Learn how the PACE provides social and medical services so you can continue to live safely at home. And if you are on Medi-CAL with no share of cost, it’s free! Refreshments and Prizes will be given out!

DAY	TIME	ROOM	COST
Wed. August. 5	1:00 PM	9	FREE

BLOOD PRESSURE SCREENINGS

Free blood pressure screenings will be offered at Norman Park lobby. Service provided by a Sharp Chula Vista Medical Center volunteer.

DAY	TIME	ROOM	COST
1st & 3rd Fri.	9:00 AM-1:00 PM	Lobby	Free



CLASSES & ACTIVITIES

CREATIVE

ART WATERCOLOR

Are you interested in learning to paint with watercolor? Would you like to meet and paint with other beginner to intermediate artists? This is the class for you!

DAY	TIME	ROOM	COST
Mon.	9:00 AM-12:00 PM	7 & 8	FREE

ARTIST SOCIAL GROUP

Come socialize with fellow artists and share your talent. Everyone is welcome to bring their own artwork to create. Have fun with everyone in the group!

DAY	TIME	ROOM	COST
Wed.	9:30 AM-10:30 AM	6	FREE

CRAFT CLASS

Join us for various craft projects offered throughout the year, mostly (make it and take it) projects that are seasonal in nature. Come to the front desk and find the theme of the month!

DAY	TIME	ROOM	COST
2nd Tues	2:00 PM-3:00 PM	6	FREE

CREATIVE WRITERS

This is a group for anyone interested in the creative writing process. Peers are here to encourage and inspire you with your latest writing project. We meet to share ideas.

DAY	TIME	ROOM	COST
Tue.	2:00 PM-4:00 PM	Conf. Rm	FREE

KNITTING & CROCHETING

Join our well-rounded group of friendly people who love to knit and crochet in good company. We have participants of all skill-levels, and would love to see some new faces!

DAY	TIME	ROOM	COST
Wed.	9:30 AM-10:30 AM	7 & 8	FREE

QUILTING

Interested in quilting? All skill levels welcomed. Let's get together to socialize, learn new skills, and work on our projects.

DAY	TIME	ROOM	COST
Thurs.	10:00 AM-11:00 AM	ANNEX	FREE

EXERCISE & FITNESS

EXERCISE WITH KAY

Lose weight. Increase your energy. Improve your overall well-being. All of this is possible in this morning exercise with Kay.

DAY	TIME	ROOM	COST
Mon & Wed.	8:00 AM-9:00 AM	9,10,11	FREE

SOUTHWESTERN COLLEGE SENIOR EXERCISE

This extended learning course is specifically designed for older adults. Strength training exercises will enhance and promote strength and balance skills, mobility and agility skills.

DAY	TIME	ROOM	COST
Tue & Thurs.	8:00 AM-9:00 AM	9,10,11	FREE

****CLASS WILL RESUME AUGUST 25***

STRENGTH TRAINING

If you're interested in feeling stronger, healthier, and more vital, this program is for you. Exercising your muscles will increase not only your strength, but also your endurance.

DAY	TIME	ROOM	COST
Wed.	6:00 PM-6:55 PM	9,10,11	FREE

LONGEVITY STICK

The longevity stick exercises aim at improving balance, flexibility, strength, mental focus and breathing capacity. Let us train the lungs and the body. Lead by Sandy Trocinski.

DAY	TIME	ROOM	COST
Tue & Thurs.	9:00 AM-10:00 PM	Park	FREE

YOGA

Yoga improves cardiovascular health, aids digestion and improves sleep and lowers blood pressure and cholesterol. This is a gentle class perfect for seniors.

DAY	TIME	ROOM	COST
Fri.	8:00 AM-9:30 AM	9,10,11	FREE

CHAIR YOGA

This class strengthens and stretches the whole body, all while seated in a chair. It's perfect for seniors or people with a disability.

DAY	TIME	ROOM	COST
Wed.	4:30 PM-6:00 PM	9,10,11	FREE

OLDER ADULT & SENIOR CLASSES AND ACTIVITIES ACROSS THE CITY

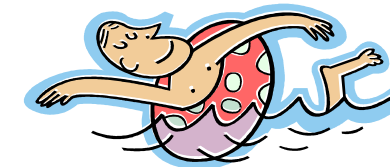
The Recreation department offers a variety of recreation programs that are suitable for older adults and seniors. Attending these classes is a way to get out and explore the community while trying something new. Perhaps you'll find a new, fun class offered in your local neighborhood. Go to the Recreation department's website for older adult and senior programming at a facility near you. www.chulavistaca.gov/rec

Loma Recreation Center

1420 Loma Lane
(619) 409-1939
AM Exercise Tuesdays & Thursdays
9-10am, \$3 drop in or a monthly fee which varies month to month

Water Aerobics

M/W/F @ 11am-12pm
At Loma Verde Pool:
1420 Loma Lane, 619-409-1987
\$4/class or 10 classes for \$35



Salt Creek Recreation Center

2710 Otay Lakes Rd
(619) 585-5739
Free: Ping Pong and Badminton



Heritage Community Center

1381 E Palomar St
(619) 421-7032
Adult Painting, Yoga, Zumba and Cardio Kickboxing

Monteville Recreation Center

840 Duncan Ranch Rd, (619) 691-5269
Pickle Ball, Line Dancing, Painting, Swing and Ballroom Dance classes



Women's Club

357 G St 91910, (619) 409-1980
Tuesdays & Thursdays
1:00pm Feeling Fit Exercise classes

Calling all Volunteers!

We are looking for front desk volunteers. If you are interested please come to the front desk or call (619) 409-1930.
Or apply at chulavistaca.gov/rec



Commission on Aging

Meets the 2nd Wednesday of every-other-month from 2:45-4:00 PM in the Conference Room of the Norman Park Center.

Next Meetings: July 8 and September 9

For more information contact: 619-409-5973

Corrections

See any errors in the newsletter? Let us know at the front desk, so we can be sure to correct them. Thanks for working with us!

WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EXERCISE WITH KAY 8:00AM-9:00AM COMPUTER CLUB 8:00AM-12:00PM CIRCUIT TRAINING 9:15AM-10:30PM ART WATERCOLOR 9:00AM-12:00PM SPANISH CONVERSATION 10:00AM-11:00AM WORLD AFFAIR GROUP 10:00AM-12:00PM BRIGE CHICAGO 12:00PM-4:00PM SCRABBLE 12:30PM-2:30PM MOVIE MONDAY 1:00PM-3:30PM BALLROOM DANCE 1:00PM-2:00PM (FeePg.7) LINE DANZZERCISE 5:00PM-6:45PM (Fee Pg.7) ZUMBA 5:00PM-5:50PM(Fee Pg.5)	SWC EXERCISE CLASS 8:00AM-9:00AM SINGING INFORMAL 9:30AM-11:30AM BEG LINE DANCE 10:00AM-11:00AM (Fee Pg.7) ADV LINE DANCE 11:00AM-12:00AM (Fee Pg.7) BRIDGE 10:00AM-12:00PM GUITAR LESSONS 11:00AM-12:00PM (Fee Pg.7) SINGING SENIORS 1:30PM-4:00PM CREATIVE WRITERS 2:00PM-4:00PM DANZZERCISE 5:00PM-6:45PM (Fee Pg.7)	EXERCISE WITH KAY 8:00AM-9:00AM ARTIST SOCIAL GROUP 9:30AM-10:30AM KNITTING & CROCHETING 9:30AM-10:30AM BRIDGE DUPLICATE 12:00PM-4:00PM (Canceled on special event days) CHAIR YOGA 4:00PM-5:55PM STRENGHT TRAINING 6:00PM-6:55PM BUNCO GAME NIGHT 5:00PM-6:00PM ZUMBA 5:00PM-5:50PM (Fee Pg.5)	1ST THUR CV SENIOR CLUB DANCE 12:30PM-3:30PM 2ND THURS KOREAN CLUB 12:00PM-3:00PM 3RD THURS GARDEN CLUB 11:30AM-200PM 4TH THUR CLUB AMISTAD 12:00PM-4:00PM GENTLE YOGA 4:30PM-6:30PM	YOGA WITH KAY 8:00AM-9:30AM BINGO - CV SENIOR CLUB 12:00PM-2:00PM BRIDGE 12:00PM-4:00PM PINNOCHLE 12:00PM-4:00PM BUNCO - CV SENIOR CLUB 2:30PM-4:00PM



Out 2 Lunch Bunch

The Out-2-Lunch Bunch meets at 1:00PM at the pre-designated restaurant. This group emphasizes making new friends and socializing. Everyone pays for their own lunch.

July 8 at Galley at the Marina
550 Marina Park Way

August 12 at Cheesecake Factory
2015 Birch RD

Sept 9 at China China Terra Nova
386 E. H Street

CLASSES & ACTIVITIES

GENTLE YOGA

Gentle movement and stretching through yoga poses can reduce swelling in joints while increasing joint mobility. Yoga improves balance which can be especially helpful for seniors

DAY	TIME	ROOM	COST
Thur.	4:30 PM-6:30PM	7 & 8	FREE

WALKING CLUB

Tired of walking alone? Looking for a new way to motivate yourself? Join us to get started walking along side a group fun individuals.

DAY	TIME	ROOM	COST
Tues & Wed	9:15 AM-10:15 AM	Park	FREE

ZUMBA

Want to dance your way into shape? Zumba classes are for you! Heart-pumpin', Latin-inspired dance workout with our talented Norman Center instructor. **No longer Accepting Drop-ins**

DAY	TIME	ROOM	COST
Mon & Weds	5:00 PM-5:50 PM	7 & 8	\$16 / Per Month

PERSONAL ENRICHMENT

BINGO - CV SENIOR CLUB

Looking for the best **Bingo** in Chula Vista? Looking for something exciting to do at Norman Park? Look no further. Come and enjoy a wonderful atmosphere while you relax and play bingo.

DAY	TIME	ROOM	COST
Fri.	12:00 PM- 2:00 PM	9, 10, 11	FREE

BRIDGE

Bridge is by far the greatest card game of all. It can provide an immense challenge and enjoyment for the rest of your life. Millions of people play bridge worldwide making it one of the world's most popular card games, particularly among seniors!

DAY	TIME	ROOM	COST
Wed.	12:00 PM– 4:00 PM	6 & 7	FREE
Lesson TUE.	12:00 PM– 4:00 PM	6	FREE

BRIDGE CHICAGO

Chicago Bridge is by far the greatest card game of all, and it can provide immense challenge and enjoyment for the rest of your life.

DAY	TIME	ROOM	COST
Mon.	12:00 PM– 4:00 PM	6	FREE

BUNCO - CV SENIOR CLUB

This group is for seniors who want to play Bunco, socialize, make friends, and have FUN! No experience with Bunco is necessary!

DAY	TIME	ROOM	COST
Fri.	2:30 PM– 4:00 PM	7 & 8	FREE

BUNCO GAME NIGHT

This group is for seniors who want to play Bunco, socialize, make friends, and have FUN! No experience with Bunco is necessary. Join us for these fun game nights!

DAY	TIME	ROOM	COST
Wed.	5:00 PM	LOBBY	FREE

MEXICAN TRAIN & OTHER GAMES

Join a group of fun loving seniors to play *Mexican Train* along with other games. Don't be bored at home, make friends and keep your mind active.

DAY	TIME	ROOM	COST
Wed.	12:00 PM	LOBBY	FREE

PINOCHLE

Join a fun group of seniors who enjoy playing pinochle in a social and fun environment. Don't be bored at home, make friends and keep your mind active.

DAY	TIME	ROOM	COST
Fri.	12:00 PM– 4:00 PM	7	FREE

SHUFFLEBOARD

Shuffleboard is best played in groups, so bring your friends along and join us at Norman Park! Have fun and enjoy a good afternoon with friends.

DAY	TIME	ROOM	COST
Mon.-Friday	Varies	ANNEX	FREE

PLEASE NOTE: All classes with fees **require pre-registration** at the NPC front desk. **Payments to instructors are no longer allowed.** If not enough students register in advance, classes may be canceled.



CLASSES & ACTIVITIES

SINGING SENIORS

The Singing Seniors is a group of members over the age of 50 who sing all the right notes. The group provides a unique outlet of expression and gets out to perform!

DAY	TIME	ROOM	COST
Tues.	1:30 PM– 4:00 PM	ANNEX	FREE

SINGING INFORMAL

Share your talent with other singing seniors in our community! Come and enjoy an informal signing group and have fun in a relaxed setting with other seniors!

DAY	TIME	ROOM	COST
Tues.	9:30 AM-12:00 PM	ANNEX	FREE

Fitness Center

The fitness center has a variety of equipment including treadmills, rowing machines, stationary bicycles, strength training machines, balance boards and free weights.

COST: July-Sept \$35/Res & \$56/Non-Res
One Month: \$15/Res & \$20/Non-Res

Fitness Center Hours

Monday/Wednesday/Friday 10:30AM-2:00PM
Tuesday/Thursday 8:00AM-12:30PM

Evening and Saturday Hours

Monday-Thursday 5:00PM-7:00PM
Saturday 8:30 AM-11:00AM



BILLIARDS ROOM

The Billiards Room is open for patrons 50+ during regular operating hours. There are two tournament size billiards tables and pool sticks are available.

DAY	TIME	ROOM	COST
Mon-Sat.	Varies	ANNEX	FREE

WORLD AFFAIRS GROUP DISCUSSION

Interested in discussing current events and topics of state, national and international interest? Come to the World Affairs Group Discussion, all are welcome.

DAY	TIME	ROOM	COST
Mon.	10:00 AM-12:00 PM	7 & 8	FREE

COMPUTER CLUB

Interested in computers? Want to learn or demonstrate your skills? Join us at the Computer Club for fun discussions. All are welcomed.

DAY	TIME	ROOM	COST
Mon.	8:00 AM-12:00 PM	ANNEX	FREE

Circuit Training

The circuit training class works on strength & balance using a variety of fitness equipment. Participants are provided with a workout each week and work at their own level and pace.

DAY	TIME	ROOM
Mon & Wed	9:15AM-10:15AM	FITNESS CENTER

COST: July-Sept \$12/Res & \$16/Non-Res



CLASSES & ACTIVITIES

Come join the fun!!

BALLROOM DANCE

This course is designed to introduce students to formal ballroom dance. The instructor will teach the different dance structures, and a variety of dances such as the Waltz, Foxtrot, Cha-Cha, and Tango. Everyone is invited. You don't need a partner. Just come and enjoy!

DAY	TIME	ROOM
Mondays	1:00 PM-2:30 PM	7 & 8
COST		
Month: \$10/Res & \$12/Non-Res		
Drop-in: \$3.00/Day		

GUITAR LESSONS

Your musical journey starts here! Learn chords, simple strums, and tuning in a fun and relaxed group setting. Whether you're a beginner or an intermediate student, this course will take your musical talent to the next level. By the time you're finished, you'll be well on your way to becoming a better guitar player.

DAY	TIME	ROOM
Tuesdays	11:00 PM-12:00 PM	11
COST		
Month: \$21/Res & \$25/Non-Res		

Nutrition & Cooking Class “Changing Minds and Habits”

Bilingual Spanish and English

Come learn how to have a better relationship with food by learning what you are eating! Learn to make very simple changes to have a better, happier and healthier life. No experience is necessary. Everyone is encouraged to join. Lead by Kitchenista Patricia Corona

This is a six week session August 4 - September 15

DAY	TIME	ROOM
Tuesdays	4:00 PM-6:00 PM	6
COST:		
\$60/Res & \$75/Non-Res for entire six weeks and includes food cost.		
\$12 / Res & \$15/ Non-Res for drop-in class .		

LINE DANZZERCISE

Join us for this exciting and energized line dance class. From Classic Country Songs to the newest Country Hits and even some Latin Twist here and there! This class is a fusion for everyone's taste... and a great work out!!!

DAY	TIME	ROOM
Mondays	5:00 PM-6:45 PM	9, 10, 11
Tuesdays	5:00 PM-6:45 PM	9, 10, 11
COST		
Month: \$18/Res & \$22/Non-Res		
Drop-in: \$5.00/Day		

LINE DANCE

You don't need a partner but you can bring all your friends to this fun workout! Everyone learns at a different pace so choose between the Advance and Beginner levels!

DAY	TIME	ROOM
Advance Tuesdays	10:00 AM-10:50AM	7, 8
Beginner Tuesdays	11:00 AM-11:50AM	7, 8
COST		
Month: \$20/Res & \$24/Non-Res		
Drop-in: \$7.00/Day		

UC San Diego Healthy Eating with a Registered Dietician

Cooking Classes

Each class includes a short introduction of the nutrition topic, followed by a demonstration, taste testing, and discussion of the recipe's nutrient content and how to purchase, prepare and serve the dishes.

DAY	TIME	ROOM
TBA: August	TBA	TBA
COST:		
\$12/Res & \$17/Non-Res		
Nutrition Seminars		
Our seminars provide evidenced-based nutrition information for cancer prevention and an opportunity for discussion with a nutritional professional.		
COST:		
\$5/Res & \$10/Non-Res		

PLEASE NOTE: All classes with fees **require pre-registration** at the NPC front desk. **Payments to instructors are no longer allowed.** If not enough students register in advance, classes may be canceled.